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**From:** CJ <cjclausen@aol.com>  
**Sent:** Friday, November 12, 2021 9:06 AM  
**To:** Office State Actuary, WA  
**Subject:** COLA for TRS PLAN 1

**CAUTION:**External email.

To whom it may concern:

Being a TRS Plan 1 retiree. Each year I watch my pension lose spending power due to an insufficient COLA. Having over 40 years of teaching, I should be able to survive on my pension and Social Security. At a time when I should be able to spend more time with family, travel, and do hobbies. I have to work as a substitute teacher as an ATTEMPT to make ends meet. I'm struggling to keep up and having lived in the area my entire life, I'm getting priced out of living here due to increased taxes, labor, and goods. I've been contemplating moving to another state or country where I can live with less stress. I implore you to pass a permanent COLA for PLAN 1 retirees. Thanks for your consideration.

Kindest regards, -Carl Clausen

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